



# SBRC Gym Schedule

## May 1st- May 29th

**\* 1/2 of the gym will be closed Friday, May 6th, 9am-11:30am\***

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday						
6:00am	Open Gym 6:00-12:00	Open Gym	Open Gym 6:00-09:00	Open Gym	Open Gym 6:00-12:00								
6:30am		Bootcamp 6:30-7:30		Bootcamp 6:30-7:30									
7:00am		Open Gym 7:30-8:50		Open Gym 7:30-8:50									
7:30am				Drop-in Total Body Fit 8:50-9:50		Open Gym	Drop-in Adult Basketball 8:00-11:00						
8:00am		Drop-in Total Body Fit 8:50-9:50				Drop-in Total Body Fit 8:30-9:30							
8:30am		Drop-in Total Body Fit 8:50-9:50		Drop-in Womens Volleyball 9:30-12:00									
9:00am								Cardio Fit 10:15-11:15					
9:30am		Cardio Fit 10:15-11:15											
10:00am								Drop-in Adult Basketball 11:30-1:30					
10:30am		Drop-in Adult Basketball 11:30-1:30											
11:00am	Drop-in Sprts Conditioning 12:00-1:00	Drop-in Adult Basketball 11:30-1:30	Drop-in Sprts Conditioning 12:00-1:00		Drop-in Sprts Conditioning 12:00-1:00	Open Gym 12:00-5:00	Sky-hawks V-ball 11:45-3:15 ends 5/22						
11:30am													
12:00pm	Open Gym 1:00-4:00	Drop-in Pickleball 1:30-3:30	Open Gym 1:00-3:30	Drop-in Pickleball 1:30-3:30	Open Gym 1:00-5:45	All Ages Bball 1:00-3:00							
12:30pm													
1:00pm													
1:30pm													
2:00pm													
2:30pm													
3:00pm													
3:30pm													
4:00pm													
4:30pm													
5:00pm	Open Gym 5:00-9:30p	League Basketball 6:00-10:00	Open Gym 5:00-6:00	Open Gym 3:30-9:30	Open gym 1:00-5:45	Drop-in Badminton 5:45-7:45							
5:30pm													
6:00pm													
6:30pm													
7:00pm													
7:30pm													
8:00pm													
8:30pm													
9:00pm													
9:30pm													

**GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME**

For more information call 303-441-3448 or go to [Http://www.boulderparks-rec.org](http://www.boulderparks-rec.org)